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Style pg 14

Skaters go for the gold — and sequins, and rhinestones

Cypress Mt. closed to public till after Games

VANCOUVER 2010 Games

OLYMPICS Warm weather and heavy rains forced VANOC to shut down Cypress Mountain to the public until after the Olympic Games in an effort to preserve snow.

Yesterday morning's announcement means the mountain will be closed two weeks earlier than the planned Feb.1 date.

The decision allows VANOC to move snow from recreational ski areas to the Olympic runs.

This would add to the stockpiles of snow — some of it covered by tarps — that VANOC has already stowed at higher elevations.

The mountain is scheduled to reopen to the public March 9.

GREG DOWNS/ FOR METRO VANCOUVER

News on the Move

What's this barcode for?
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Vancouver Games

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.

• Today — Hudec's Olympic dream is on the line this weekend, page 11

On the web

Visit metronews.ca for news updates

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JOE RAEDLE/GETTY IMAGES

A woman and her injured baby are seen at a makeshift field hospital yesterday in Port-au-Prince, Haiti. World governments and aid agencies have launched a massive relief operation after a huge earthquake hit the region Tuesday. More coverage, pgs 2, 5, 6, 7 & 8

A nation in ruins

Panic on streets as dazed survivors reel from Haiti earthquake

Haiti Crisis

The tiny bodies of children lay in piles next to the ruins of their collapsed school. People with faces covered by white dust and the blood of open wounds roamed the streets. Frantic doctors wrapped heads and stitched up sliced limbs in a hotel parking lot.

The poorest country in the Western Hemisphere, still struggling to recover from the relentless strikes of four catastrophic storms in 2008, was a picture of heartbreaking devastation yesterday after a magnitude-7 earthquake.

Tuesday's quake left a landscape of collapsed buildings — hospitals, schools, churches, ramshackle homes, even the gleaming national palace — the rubble sending up a white cloud that shrouded the entire capital.

Yesterday, ambulances weaved in and out of crowds, swerving to miss the bodies lying in the streets and the men on foot who lugged stretchers bearing some of the injured.

Shocked survivors wandered about in a daze, some wailing the names of loved ones, praying or calling for help. Others with injuries fast growing into infections sat by the roadside, waiting for doctors who were not sure to come.

Search-and-rescue helicopters buzzed over the bodies of partially clothed victims who lay face-down in mounds of rubble and twisted steel.

> **"Our truck was being tossed to and fro like a toy, and when it stopped, I looked out the windows to see buildings 'pancaking' down."**
> Salvation Army's Bob Poff on website

Everywhere, there was panic, urgency, pleas for help.

"Thousands of people poured out into the streets, crying, carrying bloody bodies, looking for anyone who could help them," Bob Poff, divisional director of disaster services in Haiti for the Salvation Army, said in a posting on the agency's website.

Poff wrote that he was driving down the mountain from Petionville, a hillside city bordering the capital, when the earthquake struck.

"Our truck was being tossed to and fro like a toy, and when it stopped, I looked out the windows to see buildings 'pancaking' down," he wrote.

Poff said he and others piled bodies into the back of his truck and took them down the hill, hoping to get them medical attention.

There was no reliable count, but officials feared thousands, maybe tens of thousands, had died in the quake. Some Haitian leaders suggested the figure could be higher than 100,000. THE ASSOCIATED PRESS

B.C. teens stranded, safe in Haiti

Haiti Crisis

KOOTENAYS Parents and officials are trying to figure out how to bring home to British Columbia 17 high schoolers from a small town in the Kootenays who are stranded — but safe — in rural Haiti.

They arrived in the tiny, impoverished Caribbean nation just four hours before it was hit with a deadly earthquake on Tuesday night.

The teenagers make up a group of 26 people from South Slocan, between Castlegar and Nelson, who were volunteering at a mission outside Port-au-Prince, said Pat Dooley, superintendent of school district 8.

Citizens

• There were at least 6,000 Canadians in Haiti when the earthquake hit on Tuesday.

"We've had excellent contact through the wives of one of the pastors who's (part of the trip)," Dooley said, adding there hasn't been any direct contact yet with any of the students or their chaperones.

"Our students are in as safe a place as they can be," she said. "Their parents want them home, but want them home when it's safe."

Dooley said around 100 Haitians have made their way from Port-au-Prince to safety at the mission.

Most of the roads around Port-au-Prince are impassable and for now there is no way of the students getting to an airport or port.

Even if there were, however, there would be nowhere for them to go.

"The focus is on the disaster … in Port-au-Prince only military planes are landing. Evacuation by sea is a possibility," she said.

KRISTEN THOMPSON/ METRO VANCOUVER

MORE ON THIS STORY, PAGE 2

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Local

Olympic buskers wanted

A special audition for Olympic buskers is being held by TransLink at its Burnaby offices today. The transit authority is counting on the musicians to help keep Olympic crowds entertained as longer-than-usual waits are expected.

METRO VANCOUVER

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

News in brief

PAVILION Canada's Northern House will be revealed today. The pavilion, located at Seymour and Hastings streets, will showcase the Yukon, Northwest and Nunavut territories during the Olympic Games.

FUNDING The group B.C. Athlete Voice is asking the province to reconsider "massive cuts" in amateur athlete funding planned for the upcoming fiscal year. Amateur athletes are encouraged to send an e-card to the government, asking it to look "beyond 2010."

HEATING Vancouver is unveiling the city's first renewable district heating today at the Athletes' Village. The system uses sewage heat recovery as a primary energy source for space heating and domestic hot water.

METRO NEWS SERVICES

metronews.ca
WHAT'S ONLINE TODAY

Video Gov. Gen. Michaëlle Jean's emotional message to her Haitian "brothers and sisters" at **metronews.ca/canada**

Lotteries

Lotto 6/49:	26, 28, 30, 39, 40 & 48 Bonus 27
BC 49:	6, 15, 19, 21, 31 & 41 Bonus 17
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These results are not official.

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Waiting for word 'absolutely horrible'

Kootenay couple feared for son, his classmates

Haiti Crisis

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Norm Ouellet's Kootenay home is separated from Haiti by 5,287 kilometres of land and sea, but when a devastating earthquake hit the tiny island nation, it may as well have happened in his own backyard.

Ouellet's 17-year-old son Blake and 17 classmates had just landed in Port-au-Prince to begin volunteer work at a rural mission when a massive earthquake hit the capital city, instantly turning buildings to rubble and killing an estimated tens of thousands.

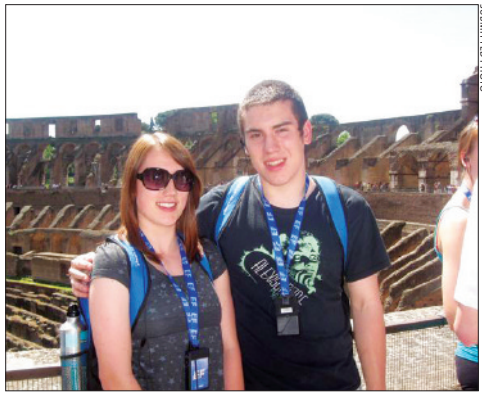
For five devastating hours, Ouellet and his wife, Joyce, waited for word as to whether the teenagers and their chaperones had survived.

"We didn't know where they were," he said from his home in South Slocan yesterday. "It's about a two- or three-hour drive through Port-au-Prince to get to the missionary. We had no idea if they had made it or not."

Waiting for news, he said, was "absolutely horrible." When they did receive confirmation that everyone was fine, it came via email from a third party, and they're still waiting anxiously for direct contact with the kids.

"From what we understand they … spent the night in the buses in a field," Ouellet said.

"You watch the news and see what's happening there, and we're very fortunate they made it through Port-au-Prince."



SUBMITTED PHOTO

Blake Ouellet and his girlfriend, Rachel Throop, in Rome last year. The teenagers and 16 classmates are stranded in Haiti.

"We had no idea if they had made it or not."
Norm Ouellet, father

He added that Blake and his friends will likely be helping the hundreds of Haitians who have apparently come to the mission for help.

"Obviously the scope of their project has changed immensely, but they're the type of kids that would work with the Haitians and help out."

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Fire department's rescue team ready to lend help

Haiti Crisis

KRISTEN THOMPSON
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AID A team of 30 people from the Vancouver fire department's Urban Search and Rescue Team are on standby, poised to go to Haiti at a moment's notice if the earthquake-ravaged country requests help.

"The odds of going are 50-50 — if I were a betting man," said fire Chief John McKearney, adding that any request from Haiti would go to the federal government, which would then deploy teams as it sees fit.

Similar teams in Toronto and Manitoba are also on standby.

McKearney said the team could leave within 16 to 24 hours of the request, and would be gone from 10 days to three weeks.

"Thirty people who are very competent in what they do … can actually save a lot of lives," McKearney said, adding the team is self-sufficient and it wouldn't draw upon local resources.

The team would focus on locating, extricating and providing medical care to people trapped in buildings.

Alice Lam, a spokesperson for the Canadian Red Cross, B.C., said more than $1 million has been raised nationally.

"We're always looking for Canadians to support, and they can do that through our website," Lam said. "It's preferable that people donate money."

Woman fined for accidental crushing death of 6-year-old

COURT A Langley woman whose car jumped the curb and killed a six-year-old boy has been fined $800.

A judge found Alice Reid guilty of driving without due care and attention when she accidentally crushed six-year-old Joshua Bates between her Ford Escort and the outer wall of a pharmacy on Aug 29, 2007. The court heard that Reid pressed the gas pedal when she meant to press the brake.

Joshua Bates

The fine is for Reid's momentary lapse of attention and "is not a reflection or assessment of the precious life of Joshua Bates," Crown counsel Winston Sayson said.

STIG NIELSEN/
FOR METRO VANCOUVER

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Photo Eric Berger

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Uncap some local art
Coca-Cola is unveiling four new bottles today featuring designs from British Columbia aboriginal artists. THE CANADIAN PRESS

‘Unreasonable’ rent increase overturned

JEFF HODSON
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A landlord has been ordered to refund tenants of a West End apartment after a B.C. Supreme Court judge overturned an almost 40 per cent rent increase.

Madam Justice Linda Loo set aside an April 2009 decision by a residential tenancy officer (RTO) that had increased rents at the Seafield Apartments by as much a $500 a month.

The landlord had applied for the increase under a clause in the Residential Tenancy Act that allows a rent adjustment if the rate is significantly lower than comparable units in the same area.

Loo ruled that portions of the RTO’s decision were “patently unreasonable” because they were based on too few comparable units and also failed to consider submissions from affected tenants.

Under the RTO’s decision in April, tenants of seven two-bedroom suites, which had been rented for $1,325 to $1,450 a month, would see their monthly rent hiked (in three phases) to $1,833 a month.

40% Under the overturned rent hike, rents at Seafield Apartments would have risen by almost 40 per cent.

A pair of one-bedroom suites were to increase to $1,225 a month, up from $1,067 and $1,068 a month.

Vancouver-West End MLA Spencer Herbert called the judge’s decision a victory for renters in B.C. The original RTO decision, he added, had effectively ended B.C.’s moderate rent control that limits annual rent increases to two per cent above the rate of inflation.

Scotiabank campaign not Games-sanctioned: VANOC

GREG DOWNS
for Metro Vancouver

GREG DOWNS/FOR METRO VANCOUVER

Three-time Olympian Cassie Campbell at a promotional appearance for Scotiabank, a non-Olympics sponsor, at Pacific Mall in Vancouver yesterday.

ADS Scotiabank is the latest non-Olympic sponsor to draw VANOC’s attention after it launched a campaign featuring three-time Olympian Cassie Campbell in Vancouver yesterday.

The Show Your Colours initiative asks Canadians to show their pride through photos submitted to a website.

Bill Cooper, director of commercial rights management for VANOC, said Olympic organizers asked Scotiabank to postpone the campaign until after the Games.

“Our serious concern is of the public being misled into believing there is an association between the 2010 Winter Games and their campaign,” he said.

“Our sponsors are critical to the success of the Games. Quite simply we cannot run the Games without their support.”

Other companies that have been rebuked for what VANOC calls ambush marketing campaigns include Lululemon and Pepsi.

The yoga retailer launched a clothing line called “Cool Sporting Event That Takes Place in British Columbia Between 2009 & 2011 Edition,” and the soft-drink maker started a campaign for a new cheer, “Oh-Eh-Canada-Go.”

News in brief

BABY A one-year-old girl admitted to a Richmond hospital with shaken-baby syndrome last month is still in critical condition, RCMP Cpl. Jennifer Pound said yesterday. The baby has been moved to a long-term care facility and no date has been set for her return home. Staff at a Richmond daycare centre phoned 911 after they were unable to wake the baby from a nap on Dec. 16.

BOUNTIFUL The head of the community of Bountiful is suing the province for violating his rights when authorities charged him with polygamy last year. METRO VANCOUVER

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Trio of public artworks to be installed for Games
The Vancouver Art Gallery is installing three major public artworks downtown during the 2010 Games, including a massive hand-painted floral mural at the gallery's northern façade. The installations go up on Saturday. METRO VANCOUVER

Youth shelter's reno means no more turnaways

JEFF HODSON
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A shelter for homeless youth has added 32 new transitional housing beds.

A $1.9-million renovation of Covenant House on Pender Street saw 14 bachelor apartments converted into a communal kitchen and lounge area and increased the number of beds to 54.

Krista Thompson, the executive director of Covenant House, said prior to renovations, her staff was forced to turn away more youth that they were able to bring inside. "We've not turned one kid away since we opened the program," Thompson said.

Covenant House provides services like homeless outreach, drop-in programs and life-skills training for 1,900 young people a year.

Money for the renovations came from the province, the federal government and VANOC. The latter donated $250,000 as part of its commitment to inner-city sustainability.

Donna Wilson, VANOC's executive vice-president of people and sustainability, said the investment in Covenant House represented a longer-term legacy of the Olympics.

The province, which gave $850,000 for the repairs, is also providing almost $4 million over three years in operational funding.

Road closures during the 2010 Winter Games require many buses to be re-routed in the Metro Vancouver region. The most affected areas are downtown Vancouver and UBC, with minor changes in a few other locations. Re-routes begin January 25 or February 1, depending on the particular route.

Be prepared. Visit **translink.ca** to get more details and to sign up for the new Transit Alert service — it sends customized transit information texts straight to your e-mail and cell phone! You can also speak with a knowledgeable TransLink customer representative at 604-953-3333.

TRANS LINK

Foster-care worker faces sex assault charges

RICHMOND A 50-year-old man who worked at a foster-care home is being charged with the sexual assault of two Richmond teenage boys, RCMP said yesterday.

Police say the accused has known the youngest of the alleged victims, aged 16, for several years. Police did not say what their relationship was.

"These were crimes of opportunity. It's not like he is on the streets looking for children, he had this opportunity because he was in care of these kids," alleged Cpl. Jennifer Pound.

The suspect came into contact with the second alleged victim, aged 17, at the home for youth with mental illnesses where he worked as a night-relief care worker. The two teens do not know each other.

"So far we have the charges approved for these two youth, but there may be more coming," said Pound.

Kevin Fanning returns to court Jan. 19 to face charges of sexual assault and sexual exploitation.

STIG NIELSEN/
FOR METRO VANCOUVER

News in brief

PROTESTS The Anti-Poverty Coalition has released its protest schedule. Demonstrations are planned for the lead-up to the Olympics and will continue throughout the Games. The group says it's trying to draw attention to the Downtown Eastside.

BODY SHOPS Vancouver police are investigating two body shops believed to have been providing fraudulent inspections.

IN THE PAPERS The L.A. Times has written a news story on Vancouver. The article, from Tuesday, talks about the city's commitment to sustainability and the new Athletes' Village.

DTES Eight paintings from local artist Pamela Masik's The Forgotten series will be on display at the Vancouver Public Library's downtown branch starting Saturday. The complete series consists of 69 massive portraits of each of the women who have disappeared from the Downtown Eastside.

METRO NEWS SERVICES

Three Canadians confirmed dead from earthquake in Haiti

Georges Anglade, a Montreal university professor for 30 years, and his wife, Mireille, have been confirmed dead in the earthquake that struck Port-au-Prince, Haiti. The other victim was Elmira, Ont., nurse Yvonne Martin, who arrived in Haiti's capital on Tuesday afternoon, about 90 minutes before the earthquake hit. THE CANADIAN PRESS

Canada

Jean thankful for Canadian response

Haitian-born Gov. Gen. Michaëlle Jean, left, offered an emotional thank-you to Canada yesterday for moving so quickly to help her earthquake-ravaged homeland. A teary Jean, who came to Canada with her parents as an 11-year-old, said the devastation is heartbreaking for Haitian-Canadians. She described the damage as being like an "atomic bomb" going off. She called for solidarity with the people of Haiti and urged them to be courageous. THE CANADIAN PRESS

Canada mobilizes to help Haiti

Search and rescue a priority for aid teams heading to quake zone

Haiti Crisis

Canada is rushing to ease the chaos in earthquake-battered Haiti, sending helicopters, ships and a disaster-response team to rescue those buried in the rubble and help thousands of homeless wandering without food, water or medical help.

But the sheer magnitude of the devastation from Tuesday's 7.0-magnitude quake — which wiped out much of the impoverished country's communications infrastructure — left the exact nature and extent of Canada's role vague until a clearer picture emerges of what's needed most.

PETER MCCABE/THE CANADIAN PRESS

Radio host Yvon Chery keeps Montreal's large Haitian community informed yesterday about the earthquake as daily host at CPAM, the Haitian community radio station in Montreal.

The lack of communications also frustrated efforts to determine the fate of up to 6,000 Canadians living in Haiti, including two missing RCMP officers and former Liberal MP Serge Marcil. Three Canadian casualties have been confirmed to far.

Prime Minister Stephen Harper said search and rescue is the first priority for the Canadian military and aid teams.

"Obviously, the first priority is to try and get those people who may be still alive and can be saved," he said.

Canada is committing an immediate $5 million in humanitarian assistance and promises speedy deployment of aid. A C-130 military transport plane arrived in Haiti yesterday with a reconnaissance team that will assess what military personnel and equipment is needed.

A huge C-17 military transport plane is scheduled to fly to Haiti today carrying a utility helicopter and tons of equipment and personnel.

The transport planes can be used to evacuate Canadians if necessary, said Defence Minister Peter MacKay.

Naval officials said two ships, HMCS Athabaskan and HMCS Halifax, are being prepared to leave today for Haiti. They will carry everything from a helicopter to chainsaws, generators and first-aid kits.

THE CANADIAN PRESS

Canada and Haiti

Canada has one of the world's largest Haitian diasporas. Some facts about the Haitian-Canadian community:

- 102,430 people in Canada listed their ethnic origin as Haitian in the 2006 census.
- Almost 90 per cent of Haitian-Canadians — or 91,435 — live in Quebec.

Obesity a national crisis, expert says

HEALTH Canadians of all ages have become substantially fatter and less fit over the last two decades, the first comprehensive attempt to measure the fitness of the nation since 1981 has revealed.

The Canadian Health Measures Survey found that nearly two-thirds of adults are overweight or obese and a quarter of children share that boat with them. A prominent Canadian obesity researcher said the figures point to a country in crisis.

THE CANADIAN PRESS

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ScanLife

With phone service cut off, social media provided a critical link to Haiti in quake's aftermath. Scan this code for the full story.

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Archbishop killed in earthquake
Monsignor Joseph Serge Miot, the archbishop of Port-au-Prince, has been killed in the Haiti earthquake. He was 63. THE ASSOCIATED PRESS

World

Traffic crashes Wyclef's quake-relief site

Musician Wyclef Jean is one of Haiti's most famous sons and his tweeting about the earthquake there has been a galvanizing force on the web. Several of the most popular topics on Twitter referred to a tweet from the singer urging people to send a text to the charity, Yele, to donate toward relief. The number is 501501. Hundreds were passing his message on by the minute. The Yele website was inundated with donations and crashed under the traffic.
THE ASSOCIATED PRESS

Red Cross out of supplies in Haiti

PORT-AU-PRINCE A spokesman for the American Red Cross says the aid organization has run out of medical supplies in Haiti.

Red Cross spokesman Eric Porterfield said yesterday that the small amount of medical equipment and medical supplies that were available in Haiti has been distributed. The Red Cross is sending more medical supplies to Haiti, but Porterfield says he does not know when they will arrive. THE ASSOCIATED PRESS

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SCANLIFE
At husband's trial, Princess Caroline explains the difference between assault and 'symbolic' reproach. Scan this code for the full story.

International community steps up

Haiti
Crisis

Sniffer dogs, high-energy biscuits and tons of emergency medical aid were heading to Haiti yesterday as world governments and aid groups launched a massive relief effort for the estimated 3 million people reeling from a devastating earthquake.

Aid officials in the impoverished Caribbean nation worked to clear rubble from roads, build makeshift hospitals and remove bodies from the rubble despite transportation problems and broken phone lines.

Wintry weather in Europe added to the challenge, with snow temporarily delaying a British aid flight with 64 firefighters and rescue dogs at Gatwick airport.

"We'll be using whatever roads are passable to get aid to Port-au-Prince and, if possible, we'll bring helicopters in," said Emilia Casella, a spokeswoman for the UN food agency. Its 200 staff in Haiti were trying to deliver high-energy biscuits and other supplies, despite looting and the threat of violence in a nation long plagued by lawlessness.

Humanitarian officials said the proximity of the quake's epicentre, only 15 kilometres from Port-au-Prince's sprawling slums and hilltop villas, as well as Haiti's crumbling infrastructure, meant it was difficult to estimate how many people might be dead or injured.

The World Health Organization said it has sent specialists to help clear the city of corpses and prevent the spread of disease, and the Red Cross is sending a plane today loaded mainly with body bags.
THE ASSOCIATED PRESS

MATT MAREK/AMERICAN RED CROSS/THE ASSOCIATED PRESS
A young earthquake survivor is given first aid on the outskirts of Port au Prince, Haiti, yesterday.

Visit metronews.ca for the latest developments in Haiti

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Photo provided by Cypress Mountain

The latest chapter in Haiti's sad history

Haiti
Crisis

HAITI When it comes to natural disasters, the little island nation of Haiti seems to have a bull's-eye on it. That's because of a killer combination of geography, poverty, social problems, slipshod building standards and bad luck, experts say.

The list of catastrophes is mind-numbing: This week's devastating earthquake; four tropical storms or hurricanes that killed about 800 people in 2008; killer storms in 2005 and 2004; floods in 2007, 2006, 2003 (twice) and 2002. And that's just the 21st-century rundown.

"If you want to put the worst-case scenario together in the Western Hemisphere (for disasters), it's Haiti," said Richard Olson, a professor at Florida International University who directs the Disaster Risk Reduction in the Americas project.

"There's a whole bunch of things working against Haiti. One is the hurricane track. The second is tectonics. Then you have the environmental degradation and the poverty," he said.

This is the 15th disaster since 2001 in which the U.S. Agency for International Development has sent money and help to Haiti.

While the causes of individual disasters are natural, more than anything what makes Haiti a constant site of catastrophe is its heart-tugging social ills, disaster experts say. It starts with poverty, includes deforestation, unstable governments, poor building standards, low literacy rates and then comes back to poverty.
THE ASSOCIATED PRESS

Haiti's most recent disasters

- Jan. 12, 2010: Magnitude-7.0 quake raises fears of tens of thousands of deaths.
- August and September 2008: Three hurricanes and tropical storm kill some 800.
- October 2007: Tropical Storm Noel triggers mudslides and floods, killing at least 57.
- September 2004: Tropical Storm Jeanne causes flooding and landslides that kill 1,900 and leave 200,000 homeless.
- May 2004: Three days of heavy rains cause floods that kill more than 2,600.
- 1998: Hurricane Georges destroys 80 per cent of Haiti's crops while killing more than 400.

Hollywood lends a hand

EARTHQUAKE RELIEF Oprah Winfrey, Paris Hilton and Ben Stiller are among the celebrities and artists urging support for survivors of the earthquake in Haiti.

Stiller tweeted late Tuesday that "people in Haiti need our help and attention right now." Similar tweets are showing up from the likes of Hilton, Adam Lambert and Ryan Leslie.

Singer Wyclef Jean has been tweeting about the earthquake and arrived in Haiti, his native country, yesterday. Publicist Leslie Chasky said he is focusing on his family, his Haitian charity, Yele, and responding to the disaster.

Shakira, on her website, called for donations to Yele and to UNICEF.

Winfrey began her television talk show yesterday by asking viewers to donate to the Red Cross.

"This is a time where we, as a global nation, should come together and support those who are in need," Winfrey said.
THE ASSOCIATED PRESS

Port-au-Prince **Destruction**

JORGE CRUZ/THE ASSOCIATED PRESS
Debris lays in the street along Delmas Road in Port-au-Prince, Haiti, yesterday.

UN mission chief among missing

Haiti Crisis

The United Nations said yesterday that 16 UN personnel were killed when an earthquake decimated Haiti's capital and 100 to 150 workers were still unaccounted for, including the mission chief.

UN officials said 56 others were injured. Seven who were seriously hurt were evacuated from the country, they said.

Secretary-General Ban Ki-moon announced late yesterday that 11 Brazilian peacekeepers and five international police officers were killed in the quake. Earlier, UN peacekeeping chief Alain Le Roy said a Haitian civilian working for the UN peacekeeping mission in the country also died.

"The figure we are giving to you is only the confirmed fatalities," Le Roy said. "But of course, the number of (UN) fatalities at the end of the day will be much higher — it's obvious."

"The number of (UN) fatalities at the end of the day will be much higher."
UN peacekeeping chief Alain Le Roy

THE ASSOCIATED PRESS

Media pours into Haiti on short notice

MEDIA Television news divisions raced to get into Haiti to report on the devastation wrought by a powerful earthquake, a journey made more difficult by the story they were trying to cover.

Those first to arrive described scenes of horror frightening in scope. Even some of the journalists arriving a day after the earthquake indicated yesterday that they had not yet seen any full-scale rescue and relief effort.

"It's an eerie scene," said CNN's Anderson Cooper, who left in the midst of a newscast Tuesday for an overnight flight to the Caribbean. "Many people (are) just sort of standing around on the street, not sure of what to do or where to go. And for many, there is nowhere to go."

CNN's Sanjay Gupta nabbed Haitian President René Préval for an impromptu interview at the airport, where Préval was looking for a place to work. He said both his presidential palace and home were so damaged that he did not know where he was going to spend the night.

THE ASSOCIATED PRESS

Chaos at airport

- A runway at the Haitian capital's airport was fine, but the control tower was severely damaged. That prevented Fox News's Steve Harrigan from landing. CNN's Anderson Cooper said he made sure his helicopter was brought down after narrowly missing a small plane in mid air.

Experts call for better procedures, not harsher penalties for airport breaches

SECURITY A Georgia man dashes through a checkpoint at the Atlanta airport and gets 10 days in jail. A British man in a hurry bypasses security in Philadelphia and gets a $500 fine. A drunken man stumbles onto a Chicago airfield and gets 18 months' supervision.

All caused major air travel delays costing millions of dollars — and all got what critics call a slap on the wrist.

The recent shutdown of the Newark, New Jersey, airport after a similar breach is drawing calls for harsher penalties and highlights concerns about punishments not much worse than what someone would get for tossing a hamburger wrapper out the car window on the highway.

At least one U.S. senator wants to make such trespasses a federal offence. Other ideas include six-figure fines and flying bans, though security experts and traveller advocates doubt whether harsher punishments will deter anybody from breaking the rules. They suggest a better way to prevent breaches is by improving training of airport security staff — and perhaps using new technology to help them.

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Comment

Sometimes friends just fade away

Relating

One of the best things about being a bona fide grown-up is the ability to choose our friends.

In high school, friendship tended to be a situational thing. If you were into sports, you played field hockey and generally stuck with the jocks. If you were a burnout, you'd hang out with other kids who wore Pink Floyd T-shirts and bummed cigarettes off of each other by the bus shelter. If you were bookish and unpopular, you joined the student newspaper to meet like-minded nerds, played trumpet in the school band and whittled away many a lunch hour reading plays in the library (slowly raises hand). In high school, the people pool was so small that our friends were essentially selected for us.

University changed things. Suddenly, nerds were cool and up was down and the playing field was level and there were thousands of diverse and interesting people happily willing to be your friend. Some of them had even heard of Pavement!

Adulthood broadens the friendship base even more. You meet people at work, at social events and through other friends.

Of course, it takes effort to maintain a friendship, and once you reach a satisfactory level of friendship saturation, it's time to stop watering the weeds.

There are two ways to end a friendship. There's the ever-popular "friendship fade" where you just drift apart and lose touch, sometimes for no particular reason. Some friendships just reach their logical conclusion. You're hanging out with different people. You don't have anything in common anymore. Your priorities have shifted. Often, both friends realize this simultaneously and slacken the rope.

There is also the "friend divorce" — a far more dramatic end to a friendship. The end can come in an argument, a vicious phone call or a curt email, quick and violent. I have had two messy friend divorces in my lifetime. After the guilt faded, I felt freer and happier and was better able to focus on the friendships that I most value.

Initiating friendship divorce proceedings does not make you a bad person. And it certainly does not mean that your soon-to-be-divorced friend is a bad person. But if you find yourself spending time with someone who is toxic to your well-being and the time that you spend together exhausts more than it buoys, it's probably an act of kindness to you both to cut them loose.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Changing attitudes about disabilities

SpeakingOut

Like many, I thought I knew "the facts" about disability — almost two million people in Ontario have a disability and the number will grow over the next 20 years as the population ages.

And I was aware of the legal obligations of employers and principles of inclusion. But it was only recently, during a speech by Ontario Lt.-Gov. David Onley that I suddenly saw the implications.

He was one of the first visibly disabled people on Toronto television when Moses Znaimer, the pioneering founder of Citytv, put him on air more than 20 years ago. My "aha" moment came when he noted that people with disabilities comprise 15.5 per cent of Ontario's population, but when their immediate family members are taken into account the figure jumps to almost 55 per cent.

In other words, people with disabilities and their families are actually the majority of consumers, the majority of workers. I suddenly realized the 2005 Accessibility for Ontarians with Disabilities Act is not about "them," but about all of "us."

Onley also noted that at the height of the recession, "massive" unemployment was at 27 per cent. Among disabled Ontario workers it is more than 57 per cent. Indeed, the 2009 Federal Disability Report shows that while employment among working-age Canadians with disabilities rose four percentage points from 2001-06, the wage gap is still immense, with many living below the poverty level.

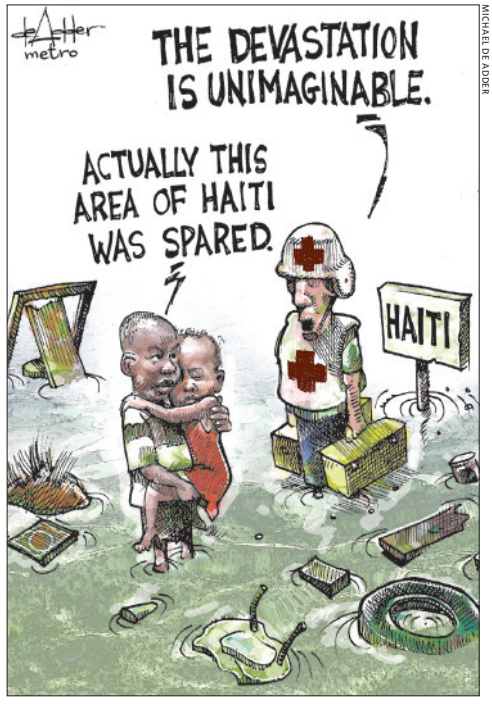
Ontario was the first jurisdiction in Canada to develop, implement and enforce mandatory accessibility standards in both the private and public sectors. Organizations are currently scrambling to implement the customer service standards and the province is developing standards for built structures, for employment, for information and communications and for public transportation.

Onley reminded us of the barriers that stop people with disabilities from doing the kinds of things most of us take for granted.

While some disabilities are visible, many are not. Attitudes to "invisible" disabilities — mental health issues in particular — are a huge impediment to people even identifying their challenges or need for support. The law is without question an important tool — prodding employers and public institutions to undertake changes within a set timetable.

But changing attitudes is also fundamental. By encouraging us to "see" in a different way, Onley is pushing the envelope. Inclusive environments mean more than curb cuts and automatic doors.

Wendy Cukier is the associate dean of the Ted Rogers School of Management at Ryerson University, and the founder of Ryerson's Diversity Institute.



MICHAEL DE ADDER

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Bailout recovery plan expected
A senior administration official says U.S. President Barack Obama is ready to announce an administration plan to recover Wall Street bailout shortfalls with a bank fee on America's biggest financial firms. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Google talks China pullout

Threat to government a rare display of defiance

Google's threat to pull out of China over censorship is a rare display of defiance in a system where foreign companies have long accepted intrusive controls to gain access to a huge and growing market.

Dismayed by the prospect of a China without Google, visitors left flowers at its Beijing headquarters yesterday as websites buzzed with words of support and appeals to stay.

"I felt it's a pity and hope it will not withdraw from the Chinese market," said a man who left flowers at the building in the high-tech Haidian district and would give only his surname, Chang. "Google played a key role in the growth of our generation. The control (of the Internet) is excessive."

In industries from automaking to fast food, companies have been forced to allow communist authorities to influence — and sometimes dictate — their choice of local partners, where to operate and what products to sell.

"The Internet is like media, and the media are under tight government control, so that poses additional challenges for foreign Internet companies compared with, say, manufacturers of TV sets, mobile phones or autos," said Edward Yu, president of Analysys International, an Internet research firm in Beijing. THE ASSOCIATED PRESS

Criticism

- Web companies have endured criticism for co-operating with a communist system that tightly controls information. Google Inc., Yahoo Inc., Microsoft Corp. and others have acceded to pressure to block access to politically sensitive material.

VINCENT THIAN/THE ASSOCIATED PRESS

A Chinese Google user presents flowers to the Google China headquarters in Beijing yesterday. Google's threat to pull out of China over censorship is a rare display of defiance in a system where foreign companies have long accepted intrusive controls to gain access to a huge and growing market.

Corus eyes some Canwest assets

MEDIA Corus Entertainment Inc. is possibly interested in buying some specialty channels from Canwest Global Communications Ltd. but not other parts of its media business, Corus CEO John Cassaday said yesterday.

Cassaday made the comments to analysts in a conference call about his company's first-quarter financial results, which provided evidence that Corus experienced a much-needed rebound in advertising revenue in November.

Overall revenues from television and radio climbed to $222.3 million from $216.8 million, although the growth came from specialty TV channels.

"We have seen a turnaround in our advertising sales with a return to growth in the low single-digits," Cassaday told analysts in a conference call yesterday.

He expects the ad-sales recovery will continue for the balance of the fiscal year, which ends in August.

Corus said its first-quarter profit, for the three months ended Nov. 30, rose 82 per cent from a year earlier to $73.9 million.

The Toronto-based television and radio company said its net earnings amounted to 91 cents per diluted share.

THE CANADIAN PRESS

Sudbury, Ont. **Grim predicament**

GINO DONATO/THE CANADIAN PRESS

A protester dressed as a grim reaper leads a march in support of striking members of the United Steelworkers Local 6,500 and supporters in Sudbury, Ont., yesterday to mark the sixth month of their strike against Vale Inco. About 3,200 union members have been on strike since July 13.

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The U.S. recovery is spreading, but why aren't jobs being created? Scan this code for the full story.

Business in brief

DEFICIT The federal government will face a big structural deficit in the coming years that can only be overcome by taking dramatic action, Canada's parliamentary budget officer said yesterday. THE CANADIAN PRESS

COURTS A U.S. federal appeals court in New York has revived a lawsuit that accuses major record labels controlling 80 per cent of U.S. digital music sales of scheming to charge high prices. THE ASSOCIATED PRESS

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CFL won't punish Tillman

CFL commissioner Mark Cohon says the league will take no additional disciplinary action against Eric Tillman in the wake of the former Saskatchewan GM's guilty plea on a charge of sexual assault. Tillman was given an absolute discharge last week by a Regina judge. THE CANADIAN PRESS

Sports

Top NBA pick out for season

The Los Angeles Clippers say Blake Griffin will have surgery on his broken left kneecap, ending the No. 1 draft pick's season before it even began. An examination Tuesday revealed his recovery wasn't progressing properly, the Clippers announced yesterday in a statement. Griffin hasn't played yet for the Clippers after injuring his kneecap in their final pre-season game Oct. 23. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Minnesota 5 VANCOUVER 2
Washington 5 Florida 4 (SO)
Pittsburgh 3 Calgary 1
Anaheim 4 Boston 3

NBA

YESTERDAY'S RESULTS

Atlanta 94 Washington 82
Boston 111 New Jersey 87
Indiana 122 Phoenix 114
New York 93 Philadelphia 92
New Orleans 108 L.A. Clippers 94
San Antonio 109 Oklahoma City 108 (OT)
L.A. Lakers 100 Dallas 95
Denver 115 Orlando 97
Houston 120 Minnesota 114 (3OT)
Portland 120 Milwaukee 108
Miami 115 Golden State 102

NFL PLAYOFFS

SATURDAY'S GAMES

NFC - Arizona at New Orleans, 1:30 p.m.
AFC - Baltimore at Indianapolis, 5:15 p.m.

SUNDAY'S GAMES

NFC - Dallas at Minnesota, 10 a.m.
AFC - N.Y. Jets at San Diego, 1:40 p.m.

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Sports in brief

NASH Steve Nash left Phoenix's game against Indiana after his mouth was bloodied when he was hit by an elbow from Pacers guard Earl Watson. Nash received seven stitches but returned to start the second half. No foul was called on the play.

BASEBALL Expanded instant replay is on the agenda for the first meeting of Major League Baseball's newly formed committee of managers and longtime executives today. The 14-man committee also will discuss expanding the first round of the playoffs to best of seven and ways to eliminate lengthy breaks during the post-season.

TENNIS Canadian Aleksandra Wozniak is out of the Hobart International tennis tournament. The sixth seed from Blainville, Que., was upset 7-5, 6-2 by Belgian qualifier Kirsten Flipkens yesterday.

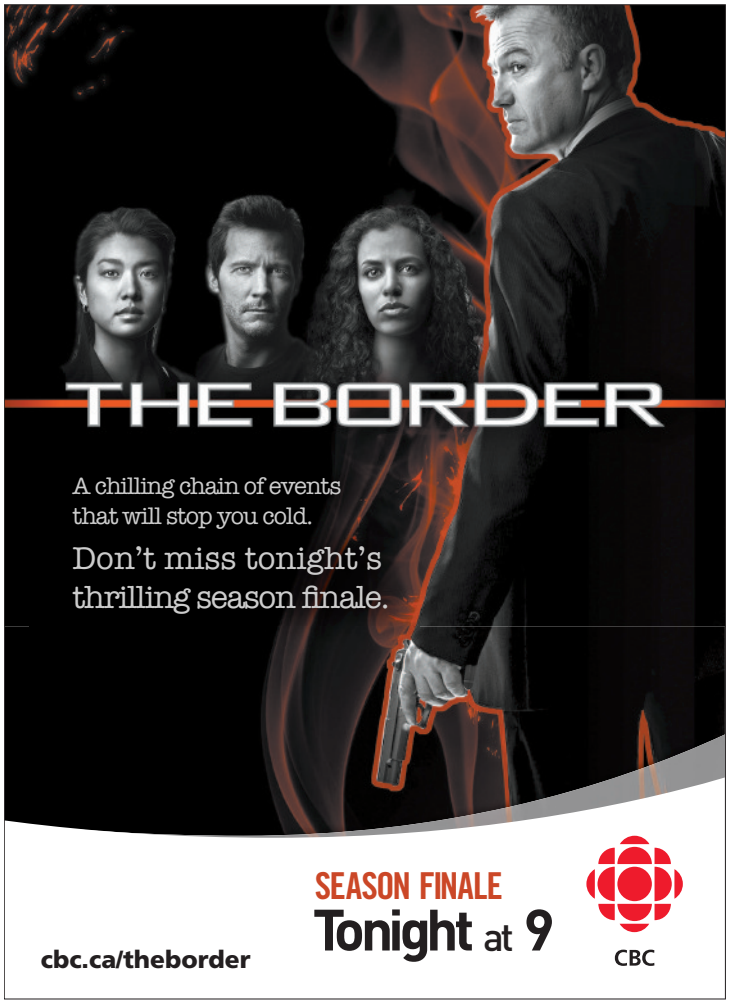
SOCCER Liverpool's troubled season took another turn for the worse when it was eliminated from the FA Cup after second-tier Reading triumphed 2-1 in their third-round replay yesterday. Liverpool are seventh in the Premier League and already out of the Champions League.

OILERS Edmonton Oilers goaltender Nikolai Khabibulin could be done for the season. The team announced yesterday that the 37-year-old will undergo surgery to repair a herniated disk in his back. The procedure is scheduled for today in Los Angeles.

METS Carlos Beltran had surgery on his troublesome right knee yesterday and the New York Mets' centre-fielder will miss the start of the season.

WILLIAMS Top-ranked Serena Williams rallied from a set and 5-2 down to beat France's Avarane Rezai 3-6, 7-5, 6-4 and reach the final of the Sydney International today.

METRO NEWS SERVICES



Wild have big third

NHL RESULTS

Canucks 2 Wild 5

The Minnesota Wild have become strong finishers.

Antti Miettinen scored two of Minnesota's three third-period goals, and Niklas Backstrom set a franchise record for career wins in the Wild's 5-2 victory over the Vancouver Canucks yesterday.

Kyle Brodziak, Mikko Koivu and Owen Nolan also scored to help Minnesota win its fourth straight game. The Wild have scored 19 goals during the streak, nine in the third periods.

Minnesota overcame a four-goal, third-period deficit Saturday night to beat Chicago 6-5 in a shootout, and Guillaume Latendresse scored in the third to beat Pittsburgh 4-3 on Monday night.

Roberto Luongo, who stopped 14 shots, was replaced by Andrew Raycroft after the last goal. It was the third time this season Vancouver allowed three third-period goals.

"I have to make some saves," Luongo said.

Backstrom stopped 29 shots for his 114th victory with Minnesota.

THE ASSOCIATED PRESS

JIM MONE/THE ASSOCIATED PRESS

Minnesota's Shane Hnidy and Vancouver's Tanner Glass trade punches yesterday in St. Paul, Minn. The Wild won 5-2.

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Not enough news about bar fights and cats in your Twitter feed? UFC has some tweeple for you to follow. Scan this code for the full story.

With referee cleared, critics question Burrows' conduct

NHL Referee Stephane Auger is off the hook, and now it's Vancouver Canucks forward Alex Burrows who must fend off the critics.

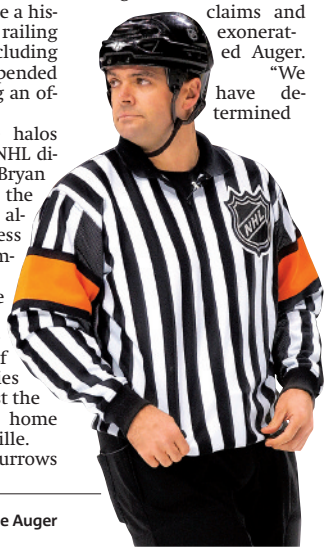
Those critics allege a history of diving and railing against the refs, including the fact he was suspended in 2003 for spearing an official in the ECHL.

"Let's adjust the halos here," said former NHL director of officiating Bryan Lewis. "It seems the guys in stripes are always wrong unless they can prove themselves right."

In a post-game rant, Burrows accused Auger of having it in for him, of calling penalties against him that cost the Canucks Monday's home game against Nashville.

The NHL fined Burrows $2,500 US, which is automatic for criticizing officials.

Yesterday, the league closed the book on its investigation of Burrows' claims and exonerated Auger. "We have determined that Mr. Burrows' account of referee Auger's comments to him before the game, and specifically Burrows' suggestion that these comments indicated bias against the player or the Vancouver team, cannot be substantiated," said NHL disciplinarian Colin Campbell.



Stephane Auger

Lewis said the focus shouldn't be on Auger's credibility, but that of Burrows, saying the tape that showed the two talking before the game indicated Auger's innocence.

"What I'm led to believe, the conversation (between Auger and Burrows) was: 'Instead of doing that (diving), why don't you just play hockey and let me referee.'

"It was very generic," said Lewis.

"You can see on the tape, it doesn't look like there's any malice or heated discussion within that."

TORSTAR NEWS SERVICE WITH FILES FROM THE CANADIAN PRESS

Barcelona seeks Winter Games
Former Summer Olympic host city Barcelona wants to bid for the 2022 Winter Games. Mayor Jordi Hereu made the announcement, yesterday saying that "the city of Barcelona wants to live the Olympic dream." Barcelona previously hosted the 1992 Summer Games. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Make-or-break time

Hudec's Olympic hopes may hinge on performance this week

Jan Hudec's dream is a top-12 finish in Saturday's World Cup downhill race in Wengen, Switzerland, a result that would guarantee him a spot on the Canadian Olympic ski team.

Realistically, Hudec just hopes he skis well enough to prove to the coaching staff he still deserves to compete next month in Whistler.

The Calgary resident underwent his fifth knee surgery last winter and has spent this season trying to regain his form. He needs one more top-12 finish to meet Alpine Canada's criteria for an Olympic team berth, but could also be a coach's discretionary pick if he doesn't meet the standard.

"It's my last chance before the Olympics to really get my old self back and show I can ski as fast as these other guys," a subdued Hudec said in a telephone interview from the team hotel. "I know I can, (but) it's one thing saying it and another thing to actually do it.

"Trying to find that confidence, to push it when it gets scary or bumpy or whatever, that for me is what this race is all about. I feel like it's one of my last chances to do that."

Paul Kristofic, head coach of the Canadian men's ski team, said a top-12 finish "is a fairly aggressive goal" for Hudec. A top 20 is more realistic.

Alpine Canada requires two top-12 World Cup finishes over the last two seasons to be selected to the Olympic team. One of those results must come during this World Cup year.

Hudec will not ski at Kitzbuehel, the final downhill before the Olympics.

THE CANADIAN PRESS

ALEXIS BOICHARD/AGENCE ZOOM/GETTY IMAGES

Jan Hudec competes in the Audi FIS Alpine Ski World Cup Men's SuperG on Nov. 29, 2009 in Lake Louise, Alta. Hudec can guarantee an Olympic spot with a top-12 finish in a World Cup race Saturday.

Chan moves on without coach, prepares for championships

SKATING There was something missing yesterday as Patrick Chan took to the practice ice at the John Labatt Centre.

Patrick Chan

The 19-year-old Chan competes for the first time without coach Don Laws behind the boards at this week's Canadian figure-skating championships. Laws announced he was quitting as the Canadian star's coach last week, just a month out from the Vancouver Olympics in a move Chan said he never saw coming.

"Of course it was a surprise, but surprises are what keeps life exciting, I guess, right?" Chan said after his practice session.

"I'm still going to move on. I'm not, like, devastated — you can only move on."

Chan goes into the championships, which also determine Canada's Olympic team, as the two-time defending champion, but he's coming off his share of struggles, including a torn calf muscle that set him back several weeks in the fall.

Then came Laws' unexpected departure last week. The 80-year-old coach said he was resigning because he was based in Florida, and Chan had been spending most of his time training in Colorado Springs with technical specialist Christy Krall.

Laws wasn't pleased with the arrangement.

"I can only move on and I'm looking forward to the Olympics and the next 30 days," Chan said. "Of course I miss him, that's why I totally respect his decision, and I still will talk to him. I'm not going to totally cut off lines and burn my bridges, we're still going to be friends off the ice."

Krall and Chan's longtime choreographer Lori Nichol have taken over full-time coaching duties.

The reigning world silver medallist, and one of Canada's top hopes for a medal in the sport in Vancouver, looked perfectly at ease yesterday, performing his short program before an arena packed with schoolchildren. He broke into a grin when the shrieks of the children grew so loud, his music had to be restarted twice.

Afterward, he glided around the boards, high-fiving everyone seated in the front row.

THE CANADIAN PRESS

Right music can be a key to winning skating gold

PROGRAM Whether it's the dramatic score of a movie, the canned melodies in the supermarket or whatever happens to be playing on her car radio, Carol Lane's ears are perpetually tuned to the music, while her mind is doing twizzles and sit spins.

Figure skating's musical accompaniment is the soundtrack of her life.

"It never ends," said the Toronto coach, laughing about her eternal search for the perfect figure-skating music.

"I've been known to stop dead in the middle of Loblaws and scream out, 'What's that?' and then go running to the counter to find out."

Skaters' music and how it's interpreted is a key weapon in their arsenal, as essential as a blistering slapshot to a hockey player or a bullet arm on a quarterback.

"It becomes a bigger deal when you're trying to win the big ones," said four-time world champion Kurt Browning. "When you're trying to create a special moment that people will remember — the music and the costume and how those two things relate to what you're like as a person — when everyone gets really level at the top, that can be what puts you over ... that lasting image."

The image of Browning in a white tux and bow tie remains one of the most enduring in figure skating, his "Casablanca" program a defining moment of his career.

Skate Canada officials keep tabs on their skaters' programs, but high-performance director Mike Slipchuk said he's never had to give a program the hook.

THE CANADIAN PRESS

A hit and a miss

- Canada's Jamie Sale and David Pelletier skated to Love Story in a program that helped them capture Olympic gold.
- There have also been misses: Germany's Katarina Witt skated to the theme song for The Muppet Show at the 1981 world championships.

Olympics in brief

REFUGEES Immigration experts and advocates aren't predicting a major surge in claims connected with the Vancouver Games. In fact, they say in contrast to Summer Olympics, the risks are fairly low. "People who practice winter sports are usually from the Northern Hemisphere (nations), they're very low for potential refugee claimants," said Patrice Brunet, a Montreal-based specialist in immigration law. Thirteen athletes, including Nigeria-born wrestler Daniel Igali, asked to stay during the Victoria Commonwealth Games in 1994. During the 1988 Calgary Winter Olympics, at least one person, rumoured in media reports from the time to be a Romanian coach, applied for status. THE CANADIAN PRESS

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JENNIFER BILL/FOR METRO CANADA

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Like nothing else before

Show homes open Jan. 30 at a master planned waterfront community of 62 luxury residences located just north of Qualicum Beach on Vancouver Island.

Qualicum Landing stretches over 15 acres of rare, walk-on waterfront on a recreational destination known for its mild climate that has long been sought-after by buyers from Vancouver, Victoria and Alberta.

Its developer is holding an early-bird selection day on Feb. 6 with stand-alone luxury beach homes starting at $369,000.

Info

- For more information or to register for the upcoming Selection Day Event please visit: qualicumlanding.com or call 604-220-6249.

An artist's rendering of a Qualicum Landing luxury waterfront home.

"Nothing like Qualicum Landing existed in the area" said developer David Steele. "Some developments have close proximity to the water, or offer luxury built homes, but none of them have it all. That's what makes us so unique."

According to Steele, the community was thoughtfully designed and comes with an array of amenities that include a clubhouse, pool, fitness centre, owners lounge and waterfront garden. Phase one is complete and buyers are being offered a choice of seven floor plans.
FOR METRO VANCOUVER

Impress your Valentine with some insulation

HOME RENO This Valentine's day, you may be wondering what to give your loved one to show just how much you care. If you are tired of giving flowers or chocolates year after year, it may be time to get creative with a sentimental gift like a home renovation. If your loved one has been too busy, why not give the gift of a home upgrade — something you can both enjoy. Now, with the government grants available, you can upgrade your home without having to spend a fortune. The ecoENERGY retrofit program is offering government rebates of up to $1,350 in renovation costs, not to mention additional provincial grants.

If you've been delaying a home renovation like insulating your basement, the government grants available will help reduce the cost of the project. On top of this, insulating your basement just became a whole lot easier with the Owens Corning Cel-Lok System insulation panels and PINK FIBERGLAS insulation batts. Installing Cel-Lok panels can be quick, easy and done in no time because of their lightweight, durable quality and easy interlocking panels. And the interlocking insulation panels are moisture-resistant, with a vapour barrier to help improve your home's energy efficiency and save on heating and cooling bills all year long.

"Insulating your basement is a great way to improve the quality and comfort of your home and will increase the overall energy efficiency," says David Flood, insulation expert at Owens Corning. "The government grants can help make a project like finishing your basement more affordable for homeowners, who want to create additional living space for their family to enjoy." What's not to love with a gift like insulation? Just think — finally finishing your basement and enjoying each other's company by cozying up on the couch can be more affordable than jewelry.
NEWS CANADA

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February, 6
Luxury Beach Homes
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$369,000

Homes in brief

ENERGY TIPS Upgrade your windows and doors and replenish your caulking around windows and doors since it deteriorates over time to help prevent warm air from escaping through drafts and gaps

- Upgrade your attic insulation. "Simply topping up on caulking or insulation will eliminate areas where you may be losing heat that cause you to spend more on your energy consumption as a result," says David Flood, insulation expert at Owens Corning.

NEWS CANADA

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Lighting is important too
If the general mood in your living space is dark and dismal, invest in additional or more intense lighting. And make sure the light quality is welcoming. Most people prefer interior light with yellow tones because it's much warmer than light with blue tones. **SYLVIA PUTZ/FOR METRO CANADA**

Turn drab to fab, post-holidays

HomeScape

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

After the holiday lights and glitter are safely packed away for another year, you can sit back and enjoy the order, the quiet, the . . . Oh, let's face it, the drab and empty spaces and the dark gloominess in your formerly bright, festive living room isn't doing much to lighten your mood. Here are some tips to beat the January blues:

• For a dramatic touch and added warmth, add bold throw cushions, preferably in a textured fabric.

• Ditto for throw blankets for the sofa. They are ever-so cozy and welcoming, and definitely appreciated during the cold season.

• What do you do when you snuggle down in front of the fire? Read magazines or good books? Watch movies? Knit? Play games? Do sudoko or crossword puzzles? Keep a good supply of these items close by when you're ready to settle in for the evening.

• If your floor or parts of your floor are bare, consider additional throw rugs to pump up the cozy factor.

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Another Choo collaboration

Celebrity designer Jimmy Choo is collaborating with Ugg Australia, according to the UK Telegraph. There will be five different styles in multiple colour variations, which will be sold only at Jimmy Choo and Ugg Australia store. **METRO NEWS SERVICES**

Style

Williamson dresses men

Matthew Williamson is venturing into menswear. The British designer — who dresses the likes of actress Sienna Miller — is heading into the world of men's clothes following on from a successful collection with high street store H&M. The clothes, which will be unveiled for spring/summer 2010, will be expanded seasonally and will be available at London's Harrods department store and Matthew Williamson shops. FEMALEFIRST.CO.UK

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Holt Renfrew's new president

Derbyshire

BUSINESS Canadian high-end retailer Holt Renfrew & Co. Ltd. says it has appointed Mark Derbyshire, former vice-president of human resources at the company, as its new president.

Derbyshire will replace outgoing president and CEO Caryn Lerner, who will continue working with Holt Renfrew's parent organization, Wittington Fashion Retail Group, as an independent consultant.

The changes, announced Thursday, take effect immediately.

"Mark has displayed tremendous leadership and business acumen over the six years he has been with our organization. We are confident that he will continue to evolve and grow Holt Renfrew as an international brand and a continued fashion authority in Canada," chairman Galen Weston said in a statement.

Derbyshire, 40, most recently worked as chief talent officer for Wittington Fashion Retail Group, which also owns Selfridges in the U.K.

THE CANADIAN PRESS

Canadian stores

- Holt Renfrew has fashion-oriented department stores in major centres across Canada, including Toronto, Ottawa, Montreal, Quebec City, Vancouver, Calgary and Edmonton.

Gold-worthy outfits

Vera Wang rates the good, the bad and the ugly in the rink

Designer Vera Wang knows the ins and outs of competitive figure skating outfits because at one time, she wore them.

As a child, Wang had visions of Olympic gold when she did all those early morning workouts at the rink and travelled to countless competitions, including the annual national championships in 1968. But she didn't make the U.S. team, traded her blades for high heels and hasn't looked back, building an all-encompassing lifestyle brand that includes fashion, accessories, tabletop housewares and stationery.

Still, skating clearly has a place in her heart — "It's a very special sport," she says — and she keeps a hand in it by designing costumes for some top contenders, including Evan Lysacek, a favourite to medal in men's figure skating in Vancouver, as well as previous Olympians Nancy Kerrigan and Michelle Kwan.

Wang got back on the ice for the first time in years this past fall with Lysacek and enjoyed it, although she's a little more nervous about injuries as a 60-year-old mother and business leader than she was a teenager.

But the session wasn't about her, it was about him — understanding how his body moves and his particular balance of artistry and athleticism.

"You wouldn't want someone to lose Olympic gold because their sleeve ripped off," Wang says.

Other considerations: The outfit has to sparkle like eveningwear but function like workout gear; it has to stand up to the considerable wind generated by skaters' speed; and it must be show-stopping from every angle, unlike a Hollywood-starlet gown that is usually photographed straight from the front or back.

"This is more pressure than an Oscar dress in a strange way," she says.

The costume also has to complement the music.

"I have to have the music for a skating costume," she says, "and that's not the way I normally work."

Wang, who has a spot in the U.S. Figure Skating Hall of Fame thanks to her costumes, shares some thoughts on some outfits from Olympics past (see sidebar at right for more examples):

- Irina Slutskaya of Russia might have been trying to channel Hamill in her glittery, red dress in Turin, Italy, but Wang says only the dark, short hair captured the former gold medallist's spirit. Slutskaya's jewels are more traditional for a later generation than Hamill, who favoured outfits that were sleeker and understated.
- Italian Carolina Kostner wore a snowflake-covered outfit in 2006 that employed the sheer-illusion look that Wang likes for the ice. "She has a more womanly, mature style but this outfit brings her youth and whimsy," Wang says.
- American Sasha Cohen is a chameleon when it comes to her costumes, the designer says. "You never know what Sasha is up to. ... One minute she's Carmen, the next minute she's Gisele." Wang says Cohen was probably intimately involved in the creation of the ombre-blue dress covered with sequins worn in Salt Lake City in 2002 — she is for all her outfits. Even better than the blue one, Wang says, was the red number with a sunburst-yellow hemline. "That dress was very beautiful."

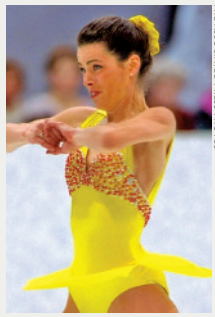
THE ASSOCIATED PRESS

Left: Canadian ladies gold medalist Joannie Rochette's figure skating outfit (worn at the Skate Canada International figure skating competition last year) seems to fit Wang's checklist of what makes a skating outfit successful: Sparkles like eveningwear but functions like workout gear, stands up to wind and is show-stopping from every angle.

PAUL CHIASSON/THE CANADIAN PRESS

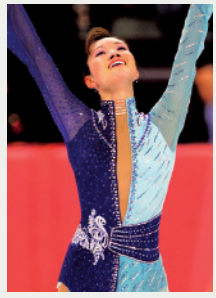
Ice-inspired ensembles:

Designer Vera Wang weighs in on figure skating costumes of Olympics past:



THE ASSOCIATED PRESS PHOTOS

- Nancy Kerrigan wore a neon yellow dress with a pale-pink beaded bustline at the 1994 games in Lillehammer, Norway — and it was one of Wang's favourites because it took Kerrigan out of her usual comfort zone as a sophisticate.



- The midnight-sky blue combo that Shizuka Arakawa of Japan wore in Turin in 2006 "isn't my taste," says Wang. It's a little too showy, but it did make Arakawa look like a risk-taker, which might have been the primary intention all along.

THE ASSOCIATED PRESS

A shoe in at Banana Republic

NEW COLLECTION The list of tempting offerings at Banana Republic just keeps continuing to grow!

Now the chic retailer, known for its tailored women's and men's business and casual wear, is selling shoes at select Canadian stores.

In Vancouver, you can find them at the Robson Street store.

The spring 2010 line will feature pumps, ballet flats and boots for women as well as men's shoes, all ranging in price from $89 to $250. **METRO NEWS SERVICE**

Mad Men, True Blood among GLAAD media nominees
Mad Men, True Blood and the comedy Modern Family, along with singers Lady Gaga and Adam Lambert, are among the Gay & Lesbian Alliance Against Defamation nominees for its 21st annual Media Awards. PEOPLE.COM

Entertainment

Adams Award

Bryan Adams will receive the 2010 Allan Waters Humanitarian Award at this year's Junos. The Award recognizes an outstanding Canadian artist whose humanitarian contributions. METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

🌐🌐🌐🌐🌐 A CLASSIC; 🌐🌐🌐🌐 EXCELLENT; 🌐🌐🌐 GOOD; 🌐🌐 FAIR; 🌐 POOR

Pallett lives out new fantasy

Final Fantasy

Album: Heartland
Label: Domino
Rating: 🌐🌐🌐🌐

AMBITIOUS ORCHESTRAL pop from the Toronto-based violinist formerly known as Final Fantasy. Owen Pallett raised a lot of eyebrows in 2006 when his He Poos Clouds won the inaugural Polaris Prize for top album in Canada. It's chamber pieces weren't exactly accessible, even by indie rock standards. This time around Pallett sets his artistic sights even higher, composing a 12-track narrative focusing on a farmer named Lewis and the fictional world of Spectrum. It would be easy to write much of this off as a load of pretentious cow dung, but the way in which the patterned electronica melds with the tapping percussion and the soaring Czech Symphony Strings on tracks like Lewis Takes Off His Shirt more than make up for some of the obvious quirks of the project. Somehow, Pallett has combined the density of Brian Wilson production with the mathematical precision of a Phillip Glass soundtrack. When it works, it is very good indeed.

Graham Rockingham/for Metro Canada

Vampire Weekend creates smart, multi-textured rock on Contra.

Vampire Weekend

Album: Contra
Label: XL/Beggars
Rating: 🌐🌐🌐🌐

IT'S BEEN TWO years since Vampire Weekend released its debut, and since then the buzz has only grown around this eclectic New York band. And deservedly so. The foursome create smart, multi-textured rock that owes as much to Paul Simon as it does to The Clash. Contra is another thought-provoking effort. The band fuses Afro-sounds with steel drums and keyboard blips on opener Horchata, and once again channel Graceland-era Simon on White Sky. Another intriguing effort from these Ivy-league globetrotters.

Bryan Borzykowski/for Metro Canada

OK GO

Album: Of The Blue Colour Of The Sky
Label: EMI
Rating: 🌐🌐🌐½

YOU PROBABLY KNOW OK GO from that ridiculously popular treadmill music video, but these guys know how to do more than just make pleasing YouTube clips. This third effort is a quirky, but infectious smorgasbord of crunchy rock, upbeat pop and faux-soul. It's a departure from the band — they've generally stayed close to distorted indie pop — and a good one at that. The Prince-like opener WTF will quickly grow on you, while All Is Not Lost's repetitive chorus is soothing. Although the middle section isn't as strong as the top, it's still a step forward.

Bryan Borzykowski/for Metro Canada

Woodpigeon

Album: Die Stadt Muzikanten
Label: Boompa
Rating: 🌐🌐🌐

IF THERE'S ANY Canadian band to watch this year it's Calgary's WoodPigeon. The group's third album in three years is the best yet. Like Grizzly Bear, the band — led by Mark Hamilton — deals in soft, delicate tones and rich, layered tones. There's a lot going on here, Empty-Hall Sing-Along's myriad guitars, driving downstrokes and boy-girl harmonies are gorgeous, and Duck Duck Goose's North Pikes-ish sound is a great road trip tune. While that's great, the extra bonus disc is worth the CD price alone.

Bryan Borzykowski/for Metro Canada

Album Reviews

music@metronews.ca

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Bueller... Bueller... Bueller...

Matthew Broderick has given Hollywood bosses the green light to remake his classic movie Ferris Bueller's Day Off, but doesn't want any involvement in it. Studio chiefs are planning to bring the comedy back to the big screen. FEMALEFIRST.CO.UK

2010 movie madness must-see hit list

Wizards, werewolves and warriors, a year of fantastical action ahead

Hollywood may find it tough to match 2009's record box-office revenue, but here's a sampling of a dozen movies they hope will get your attention this year.

PERCY JACKSON&THE OLYMPIANS: THE LIGHTNING THIEF A teen demigod who is the son of sea god Poseidon, Percy is falsely suspected of stealing uncle Zeus' lighting bolt, sending him on a quest to find the true culprit. Directed by Chris Columbus who did the first two Harry Potter flicks,

THE WOLFMAN Benicio Del Toro is the hairy beast in this update of the horror classic, playing a black sheep son who returns to his ancestral home in England after his brother is killed and mutilated by a mysterious beast.

THE LAST SONG Contrary to the title, Miley Cyrus does not sing in her latest movie. It's all part of growing up and easing herself and fans beyond her perky Hannah Montana persona.

Cyrus is a sullen teen who turns down a scholarship to The Juilliard School and wants nothing to do with music, a reaction against her estranged father (Greg Kinnear), a pianist.

WALL STREET: MONEY NEVER SLEEPS Is greed still good for Gordon Gekko?

After creating an archetype of the modern robber baron with 1987's Wall Street, director Oliver Stone and Michael Douglas resurrect Gekko in our own messy economic times.

IRON MAN 2 At the end of his first blockbuster about the guy in the gadget-laden metal suit, Robert Downey Jr.'s billionaire genius Tony Stark proclaims to the world, "I am Iron Man." In the sequel, "we see what the ramifications of that announcement from the first film were," said Jon Favreau, director of the Iron Man films.

SHREK FOREVER AFTER Mike Myers' Shrek meets James Stewart's George Bailey in what's billed as the final big-screen movie about the lovable cartoon ogre.

Daniel Radcliffe, Rupert Grint and Emma Watson in Harry Potter

Like George, Shrek sees what the world would be like without him, as sneaky wheeler-dealer Rumpelstiltskin cons the ogre into signing away his existence.

PRINCE OF PERSIA: THE SANDS OF TIME The sword-and-sorcery saga casts Gyllenhaal as a street urchin adopted into a royal family who discovers a magic dagger of immense power, the weapon coming in handy after he's falsely accused of wrongdoing and goes on the run.

TOY STORY 3 Tom Hanks' Woody the cowboy, Tim Allen's Buzz Lightyear and their plaything partners face abandonment issues in the latest chapter of the franchise that launched the computer-animation age for feature films.

THE LAST AIRBENDER Featuring Slumdog Millionaire star Dev Patel, the film is set in a world where four nations once lived in harmony, each possessing powers to manipulate one of the elements — air, water, earth and fire — balance maintained by an "avatar" who can control all elements.

INCEPTION Director Christopher Nolan's science-fiction thriller Inception, starring Leonardo DiCaprio, opens in the same summer slot as his Batman blockbuster did in 2008. DiCaprio plays a new kind of corporate raider — a man who uses technology to steal into people's minds and swipe ideas and information that he can sell.

HARRY POTTER AND THE DEATHLY HALLOWS — PART 1 The young wizard's next trick: Sawing his final adventure in half and presenting it as a two-parter. Deathly Hallows sends Harry (Daniel Radcliffe) and pals Hermione (Emma Watson) and Ron (Rupert Grint) in search of the mystical Horcruxes — which they must destroy to pull the plug on evil Voldemort (Ralph Fiennes).

THE ASSOCIATED PRESS

Bauer reluctantly stops worldwide destruction, again

TELEVISION Jack Bauer was in a coma at the end of last season's 24, resigned to the death he had cheated countless times before.

Now, as a new day (and eighth season) starts for the round-the-clock Fox thriller, Bauer is nudged awake.

But it's a couple of years later, just after 4 p.m., and Jack has been comfortably dozing on a sofa while he babysits his little granddaughter, who's poking him to get his attention. Today, life seems peachy for Jack. His doctors have declared a success his risky treatment for the bioweapon infection that had put him at death's door — surgery ordered against his will by daughter Kim in last season's closing moments.

Sutherland

Now Jack (series star Kiefer Sutherland) looks happy, healthy and almost relaxed. He's content to play the dedicated granddad and rededicate himself to his once-fractious relationship with Kim. He plans to take a job with a private security firm, and say goodbye to saving the world with his counterterrorism derring-do.

Despite his insistence that, "I'm out, I don't work for the government anymore," by 4:22 p.m. on the 24 clock, Jack is pressed back into service. (Caution: Possible spoilers lie ahead.) Within the hour, Jack is escorting a wounded would-be informant and trading gunfire on a downtown Manhattan street. Unfolding in New York after past seasons set in Washington and Los Angeles, 24 initially sticks Jack with saving the life of Omar Hassan, president of the Islamic republic of Kamistan. Hassan is in town for nuclear disarmament talks with U.S. President Allison Taylor. THE ASSOCIATED PRESS

VA 1/14/10

	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	3 CBC	Wheel Fortune	Jeopardy! (N)	The Nature of Things (CC)		The Border "Refuge"		CBC News: The National (N)		(:05) The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Access H.	CSI: Crime Scene Investigat'n		Grey's Anatomy "Blink" (N)		The Mentalist (N) (CC)		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Stargate SG-1 "Upgrades"		Supernatural (CC)		P3	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	Bones "The X in the File" (N)		The Office	The Office	90210 (CC)		News
	256	389	12 VI	Degrassi: TNG	TMZ (N) (CC)	Grey's Anatomy "Holidaze"		Fringe "Johari Window" (N)		(:01) Private Practice (N)		A News (N)
	253	359	13 CITY	The Office	The Office	Community (N)	Parks/Recreat	30 Rock (N)	30 Rock (N)	The Jay Leno Show (N) (CC)		The CityNews
	-	-	14 CW	The Office	The Office	The Vampire Diaries (CC)		Supernatural (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	The Mentalist "Red Scare"		CSI: Crime Scene Investigat'n		The Mentalist (N) (CC)		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	Community (N)	Parks/Recreat	30 Rock (N)	30 Rock (N)	The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19 W	Supernanny "Burnett Family"		Dine With Me	Love It-List It	Confidential	Confidential	Divine Design	House-Sell	Love It-List It
	288	380	21 ABC	Wheel Fortune	Jeopardy! (N)	Grey's Anatomy "Holidaze"		Grey's Anatomy "Blink" (N)		(:01) Private Practice (N)		KOMO 4 News
	-	-	26 KVOS	M*A*S*H	Seinfeld	Go ★★★ (1999) Desmond Askew, Taye Diggs.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	Field Guide	Steves Europe	Doc Martin "Nowt So Queer"		Poirot (CC)		Bonekickers "Warriors" (CC)		Rick Steves'
	290	382	28 FOX	Two/Half Men	Two/Half Men	Bones "The X in the File" (N)		Fringe "Johari Window" (N)		Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Sherlock Holmes		Red Green	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		This Old Hse.	Hometime
	296	654	54 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Paid Program	Street Court	Cold Files
	298	653	55 TLA	Two/Half Men	Two/Half Men	The Vampire Diaries (CC)		Supernatural (CC)		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	56 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According/Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	57 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According/Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	29 NW	The Nature of Things (CC)		CBC News: The National (N)		CBC News: The National (N)		The Nature of Things (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	World of Sport	College Basketball Stanford at Washington. (Live)				MMA Conn	Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	(6:30) NHL Hockey Pittsburgh Penguins at Edmonton Oilers.				SportsCentre	NFL Presents	Billiards: Trick Shots		SportsCentre
	411	457	49 OLN	Ghost Hunters (CC)		Destination Truth (CC)		Operate-Repo	Operate-Repo	Ghost Hunters (CC)		Ghost Hunters
	410	403	54 SCR	Champ Fight	NBA Basketball Cleveland Cavaliers at Utah Jazz. (Subject to Blackout) (Live)					Score Now		Final Score
	417	406	55 SC	Wrecked	Wrecked	Pass Time	NASCAR Hub	Pinks -- All Out		Pinks Out	Jacked!	Wrecked
	416	409	144 GLF	Fútbol Italiano				Gol TV News	Bundesliga	Gol a Gol	Gol TV News	Gol TV News
family	552	543	25 YTV	iCarly (CC)	Fries That?	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	555	545	50 TEL	Stoked	Total Drama	Majority Rules	6TEEN	Futurama	King of Hill	A Scanner Darkly ★★★ (2006, Action) (CC)		
	557	541	51 FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Babar (CC)	Zigby	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	(:35) Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		New York: A Documentary Film (CC) (DVS)				Coming to Light (CC)		Beautiful
	575	583	20 CMT	Home Imp.	Home Imp.	UnStable (N)	Star Crossed	Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	24 MM	(6:30) Muchmusic Countdown		MuchOnDemand (CC)		So You Think You Can Dance		So You Think You Can Dance		Spotlight
	600	564	29 H&G	House	House Hunt.	Holmes Inspection "Soaked"		House-Bryan	Real Renos	Holmes on Homes (CC)		House
	615	520	31 A&E	Manhunters	Manhunters	Manhunters	Manhunters	(:01) The First 48 (CC)		(:01) The First 48 (CC)		Manhunters
	628	584	32 SPKE	(6:00) TNA Wrestling (N)		TNA Epics "Kurt Angle"		MANswers	GameTrailers	CSI: Crime Scene Invstgtn.		Mysteries
	521	560	34 TLC	BBQ Pitmasters (CC)		American Chopper (CC)		BBQ Pitmasters (CC)		American Chopper (CC)		BBQ Pit
	616	522	39 SHO	Relic Hunter (CC)		NYC: Tornado Terror (2008, Suspense) Nicole de Boer. (CC)				CraSh & Burn (CC)		Law Order
	620	523	40 BVO	(6:00) Banshee ★ (2006) (CC)		Law & Order "Progeny"		Without a Trace "Devotion"		My Summer of Love ★★★ (2004) (CC)		
	601	562	41 SLC	Re-Vamped Sore and tired.		ET Canada	What	Real Housewives of Jersey		Real Housewives OC		Runway
	520	505	42 DIS	MythBusters (CC)		Daily Planet (CC)		The Hottest Place on Earth		Engineering Volcanoes		MythBusters
	522	506	44 HIS	Pawn Stars	Pawn Stars	Ancient Discoveries (CC)		Ancestors	Ancestors	Nostradamus Effect (CC)		Blow Down
	627	528	45 SPC	(6:00) Crimson Force (2005)		Stargate SG-1 (CC)		Star Trek: Next Gener.		Lost (CC)		Crimson Force
	294	650	47 TBS	Family Guy	Family Guy	Lopez Tonight (N)		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Reality	Whatever	Family Guy	Family Guy	Seinfeld	Seinfeld	'70s Show	King	Comeback
	603	561	52 FN	Ace of Cakes (CC)		Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Extreme Cuisine, Jeff Corwin		Ace of Cakes
	-	-	53 AMC	(5:00) The Fugitive ★★★		Daylight ★★ (1996, Action) Sylvester Stallone, Amy Brenneman.					Voyage to Bottom of Sea	
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Martin	Martin	Daily Show
	320	621	60 CEN	(6:15) Run Fat Boy Run ★★		Fakers (2010, Drama) Greyston Holt. Premiere.				Drillbit Taylor ★★ (2008) Owen Wilson. (CC)		(:15) The Chair
	581	566	101 MTV	Jersey Shore (N) (CC)		Jersey Shore (N) (CC)		The Real World (CC)		Jersey Shore (CC)		Jersey Shore
	261	394	102 V	(6:00) Raging Bull ★★★★ (1980) (CC)			Recreat. Eden	Bonnie and Clyde: The True Story ★★ (1992, Drama)				Paid Program
	-	-	106 MUL	Sewing Maid	Immortal	Vancouver	Shaktimaan	Dheeyan Ghar	Sadabahar	Connections	Desi Rhythms	Patrol World

critics'corner

Grey's Anatomy

Addison (Kate Walsh) returns to Seattle to perform a difficult procedure on Mark's (Eric Dane) pregnant daughter (guest star Leven Rambin). Cristina (Sandra Oh) is assigned the lead on a complicated surgery. Derek (Patrick Dempsey) gets suspicious when the chief (James Pickens Jr.) recruits Meredith (Ellen Pompeo) to assist with a high-profile operation in the new episode "Blink." 9 PM on CTV ABC

Manhunters: Fugitive Task Force

In the season premiere, Detective Kevin Searing and Trenton Police Detective Sgt. Luddie Austin turn to Cmdr. Lenny Depaul for help on the Fugitive Task Force's toughest manhunt all year, pursuing a 31-year-old fugitive wanted for first-degree murder and weapons possession. The chase lasts for several sleepless nights across four states in "Relentless." 1 PM on A&E

Kenya's Style
Kenya Hunt
Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

The Main Event
From Jan. 18 until Jan. 24, enjoy three-course tasting menus for $25, $35 or $45 at over two dozen Main Street Restaurants. A portion of proceeds go to the Greater Vancouver Food Bank. themaineventvancouver.com. METRO NEWS SERVICES

Urban Foodie

Successful re-boot at Refuel

Fuel's old formality is off the table as born-again restaurant becomes relaxed bistro

ANYA LEVYKH
anya.levykh@gmail.com

Refuel
1944 West 4 Ave.
Vancouver
604-288-7905
refuelrestaurant.com

Rating: ●●●●½
Dinner & drinks for 2: $80

Signature dish:
Buttermilk fried chicken
Signature drink: R & B Ale

Buttermilk fried Polderside chicken with jalapeno biscuit

When Fuel Restaurant announced back in December that they would be closing and re-opening as a lower-priced, more casual operation, I was saddened, but not surprised. 2009 was a tough year for restaurants, and this was not the first restaurant reboot I had witnessed (see Maenam, L'Altro Buca). I was worried about how well Fuel's original concept — local, sustainable, artisanal, West Coast — would translate on the new comfort-based menu at Refuel.

Worrying always was highly over-rated.

A handful of visits over the holidays revealed the same, thoughtful attention to provenance and quality that had won owners Tom Doughty and Robert Belcham so many dining awards in the past. The chicken was still Polderside, the pork was still Sloping Hills and the charcuterie was still Belcham's own in-house brand, The Cure. All of the local suppliers, in fact, are in evidence on the new menu. The changes are in the content, not the quality, as in a little less foie, a little more deep-fry.

A long list of snacks, sides and starters includes hits like spiced pork ribs ($7.50), devilled eggs ($3), and the absolutely divine housemade butter ($0.50). Ox tongue salad ($11.50) may sound strange, but the proof is on the palate, where the meat melts away before you even start chewing on the watercress.

Buttermilk fried chicken ($18) was a staple from the old menu, and happily survived the change. It's just as moist on the inside and crispy on the outside as it ever was, and the portion doesn't seem to be noticeably smaller — in fact, I could swear the pieces are a bit bigger. It's not a fancy plate, but the fresh coleslaw, and housemade gravy and biscuit — the latter with the merest hint of jalapeno — is just enough to leave you feeling extremely comfortable.

It also felt very comfortable eating with my hands in the new room. As much as I enjoyed the chicken at Fuel, the formality of the old room always made me feel slightly squeamish about finger food. And there is something inherently wrong about using a fork and knife on fried chicken. The redone space, however, is just casual enough that it is eminently appropriate — even required — to go the greasy finger route. The atmosphere now is definitely more in tune with laissez-faire Kitsilano, as the relaxed attitudes and frequent loud laughter of the other guests indicated.

The dry-aged beef burger ($14.50), topped with cheddar and bacon, was another moist and massive mouthful that left my friend feeling slightly burp-ish (in a good way). The fries are cooked in beef tallow, and reminded me of the salty perfection of McDonald's fries a couple of decades ago, before they switched to vegetable oils. Crispy Humboldt squid ($9.50) was tasty and topped with lime, fresh cilantro and shredded green chilis — the last, however, were used in such massive quantities as to have me reaching frantically for the water several times. When I mentioned this to a staff member, they let me know that I could always ask for less heat — or even none — on future orders, but I still would have appreciated advance warning.

Another visit had us trying the lemon risotto ($10), an unusually simple dish garnished with shallots, parsley, and not much else — and it works.

Desserts are all $6.50, and included a lovely apple-pear crostada that was much elevated by the housemade sour cream ice cream. Our favourite, however, was the glass of peanut and chocolate parfait, layered with bits of honeycomb.

Born-again Refuel is just what the neighbourhood needed — a casual, relaxed bistro of excellent quality and value-driven price points.

Reboot successful.

On the web

- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.

New releases

The Marlborough region of New Zealand is temperate maritime region on the South Pacific, and home to varietals like Chardonnay, Pinot Noir, and, notably, Sauvignon Blanc. Cloudy Bay's 2008 Sauvignon Blanc combines a nose of passionfruit, pineapple and fresh basil with a palate of capsicum and green olive. Light acidity and a hint of lime make this a perfect match with Asian fare or freshly steamed mussels. BCLS $35.

Global Peasant blog online

- Diane Thompson is always in hot pursuit of something good to eat. Share her enthusiasm for food as she travels and experiments with a new recipe every week in her Global Peasant blog.
- Check out metronews.ca/globalpeasant to explore Vietnamese cuisine .

Dining out

GASTOWN'S LONG TABLE The Irish Heather (212 Carrall St.) is going strong with its Long Table Series. Enjoy a different entrée with a glass of red wine or beer for $15 or $17 every night in January and February. Full menu details available at ltsmenu.blogspot.com. Reservations by email only at sean@irishheather.com.

TRIO OF TASTING MENUS C Restaurant and Raincity Grill will all be offering three-course prix fixe dinners for $38 from Jan. 21 to 31. Nu will be offering a $28 option during the same time, and three-course lunch for $19.90. Visit kambolis.com for menu details and reservations.

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Girlfriend has been 'Chuck'-ed
Chuck fans, rejoice! Zachary Levi is a single man. The TV star broke up with singer Caitlin Crosby after a two-year-relationship, Usmagazine.com reports. METRO NEWS SERVICES

Celebrity Buzz

'The best (plastic) me'

MY BODY'S NOBODY'S BODY BUT MINE ... AND MY SURGEON'S At just 23 years old, The Hills star Heidi Montag decided to go under the knife for a second time and have a staggering 10 plastic-surgery procedures in one day, people.com is reports.

"For the past three years, I've thought about what to have done," the reality star tells People.

"I'm beyond obsessed."

And so, on Nov. 20, Montag's total transformation began.

Keeping even her family in the dark, the starlet chronicled every painful moment of recovery and her journey to become "the best me."

What surgeries Montag, who is married to Spencer Pratt, had have not been revealed, however they reportedly include breast augmentation, chin reduction and a nose job.

METRO NEWS SERVICES

And then there was one

HE MUST BE SO LONELY Two of Hugh Hefner's three girlfriends — 20-year-old twins Kristina and Karissa Shannon — are moving out of the mansion, usmagazine.com reports.

The Playboy founder, 83, tells E! News that his relationship with girlfriend Crystal Harris, 23, has been getting "more serious" and that the twins have expressed a lot of interest in doing more Playmate-related promotional work for the company. So they're moving into the neighbouring Playmate House.

"They've been hanging out with a lot of the other Playmates and they see these girls traveling across the country to do promotion," he says.

"They would like to be doing that, too."

The move — which Hefner stressed will not affect their E! Show Girls Next Door — will take place within the next couple of weeks.

METRO NEWS SERVICES

Jennifer Love Hewitt is not a fruit salad

IT'S APPLES AND ORANGES ... AND PEARS Jennifer Love Hewitt — who was famously mocked for looking fuller-figured in a bikini in 2007 — says she almost dumped her boyfriend Jamie Kennedy when he called her "pear ass," usmagazine.com reports.

"We had a rough patch in the beginning because the first time we went on vacation, I was going to be in a bikini, and I was very nervous," she said Tuesday on the late-night TBS talk show Lopez Tonight. "I heard him coming down the hall, so I got in the cute bikini position," she said. "And he goes, 'Hey, my little pear ass.' "I said, 'I'm sorry, what did you say?'"

Hewitt, 30, then explained to Lopez that the remark wasn't a compliment. "Have you ever seen a pear?" she asked. "It starts thin, it gets fat and it never gets thin again. It's not cute. It's not a cute fruit."

METRO NEWS SERVICES

All alone on a mountainside

BETTER NOT TOGETHER While Jessica Biel has been climbing Mt. Kilimanjaro to draw attention to the global water crisis, one thing she hasn't been drawing attention to is that she and Justin Timberlake are very much broken up, according to Hollyscoop.

Timberlake had previously told GQ magazine that he was going with Biel up the mountain, but isn't part of the trip.

And he's been keeping a low profile since Biel left, though sources say he was spotted this week relaxing in Jackson Hole, Wy.

METRO WORLD NEWS

Won't you be my neighbour?

WOODS WON'T BE BORROWING ANY SUGAR While they may not be living together following his cheating scandal, Tiger Woods and Elin Nordegren are staying close. The Swedish former model is reportedly staying in a rented five-bedroom mansion three miles from Woods' home in Windemere, Fla., according to the New York Daily News. The $2.65-million US home is owned by Baltimore Ravens player Derrick Mason and is for sale, property records show.

METRO WORLD NEWS

Alex and his ladies, new and 'old'

NOT SURE YOU CAN BRAG ABOUT THAT ONE Alex Rodriguez has apparently moved on from ex Kate Hudson and is spending time in South Beach, Fla., with a new blonde named Elaine Spottswood, but he's still hearing from another ex, according to New York magazine. "Alex and Elaine are seeing a lot of each other and work out together nearly every day. But their relationship is by no means exclusive," a source says. "And he keeps bragging that Madonna is still texting him all the time."

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

Jim Carrey gets philosophical, Katy Perry is having pet issues, Paula Abdul wants to get to know you, and Jordan Knight has some bad habits to kick.

@JimCarrey R we the consumers or R we the consumed?

@katyperry Kitty, stop hissing at your new boyfriend! Hmmm maybe she's not into dudes!!!!

@PaulaAbdul I feel like you know a bunch about me and I wish I knew you all better. Thank goodness for twitter!

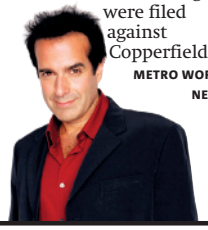
@jordanknight I really need to stop drinking soda for breakfast.....

METRO WORLD NEWS

Poof! No charges!

LEGAL After a two-year investigation, federal prosecutors have dropped a case against magician David Copperfield over claims that he held a former beauty queen captive and sexually assaulted her on his private island in the Bahamas, according to TMZ. No charges were filed against Copperfield.

METRO WORLD NEWS



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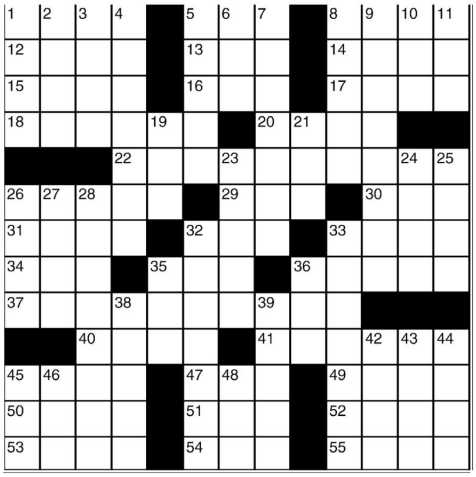
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

2						4	7	
	6	5			8			
		8			4	5		
5				9			2	
	8	9				7	6	
	3			5				1
		7	2			6		
			6			3	5	
	5	1						7

ACROSS

1 "Deal or No Deal" choice
5 Corral
8 Caffeinated nut
12 Bellow
13 Genetics abbr.
14 Rhyming tributes
15 Boleyn or Bronte
16 Doctrine
17 Deli loaves
18 Mass confusion
20 Quite some time
22 Hunting time
26 Polish
29 $ dispenser
30 Leading lady?
31 Safecracker
32 Honest politician?
33 Calendar abbr.
34 A Bobbsey twin
35 Twosome on stage
36 Failed to be
37 Enigma
40 Carte
41 14-Across, e.g.
45 Settled down
47 Support system?
49 Its three largest cities start with C
50 Faxed
51 "— Town"
52Peter, Paul & Mary's genre
53 Deck
54 Profit
55 Release

DOWN

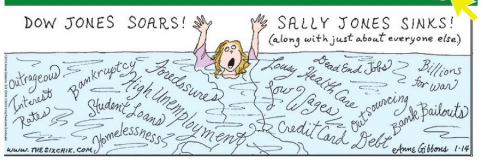
1 Grouch
2 Top-notch
3 Hour-glass fill
4 Soon
5 Top-rated
6 Em halves
7 Sanskrit salutation
8 "M*A*S*H" setting
9 .Post-Trojan War wanderer
10 Shelter
11 Fool
19 Mimic
21 Jewel
23 Business bigwig
24 Microwave, e.g.
25 Egg container?
26 Harmonization
27 Get better
28 Shame
32 Birders' society
33 Leave the ground
35 Lair
36 Court
38 Squabble
39 Dizzying designs
42 Explorer Heyerdahl
43 Anger
44 Servitude symbol
45 Invite
46 Grazing area
48 Wish otherwise

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

8	9	5	6	2	3	7	4	1
6	4	2	7	5	1	3	8	9
3	7	1	8	4	9	5	2	6
4	3	9	5	7	6	8	1	2
1	5	6	2	9	8	4	7	3
7	2	8	1	3	4	9	6	5
5	8	4	3	1	2	6	9	7
2	6	3	9	8	7	1	5	4
9	1	7	4	6	5	2	3	8

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Balti Green Pepper Chicken & Basmati Rice

Submitted by: Diana Dhaliwal, Winnipeg, MN

INGREDIENTS:

1 Cup of basmati rice
2 Cup water
1 Teaspoon cumin seeds
1/2 Teaspoon salt
2 green peppers (can use yellow, orange, or red)
2 chicken breast
3 Tablespoon olive oil
2 Tablespoon patak's balti paste
4 sprigs of parsley

METHOD:

1. Using a microwave safe bowl with a lid, put in 1 cup of Basmati rice, 2 cups water, 1 teaspoon cumin seeds and 1/2 teaspoon salt. Put in microwave with the lid slightly open to allow the release of steam for 12 minutes on high. (Rice can also be cooked on the stove according to directions on package.)
2. While the rice is cooking, wash and slice peppers and cut chicken breast into pieces about 1 inch by 1/4 inch.
3. Poor olive oil into large frying pan and stir fry the peppers and chicken until nearly done (a few minutes). Then add 1-2 tablespoons Patak's Balti paste and mix with a little water if necessary. Cook the food on low to meld the flavours. Take out the microwave rice when done and fluff the rice and seeds around with a fork. Put rice in bowels and serve Balti Green Pepper Chicken on top. Garnish with parsley.

SERVES 2-4
PREP TIME: 5 MINUTES
COOK TIME: 15 MINUTES

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
If you want a better tomorrow you are going to have to sacrifice something today. Cut out of your life anything that no longer serves a useful purpose.

TAURUS
APRIL 21-MAY 21
Inevitably, you will come into conflict with authority figures today, but principle always beats power in the long-term.

GEMINI
MAY 22-JUNE 21
Tomorrow's solar eclipse could make you rather emotional and you would be wise to resist the urge to say things that might annoy employers

CANCER
JUNE 22-JULY 22
The next move you make could be the most important you have made for many months, so take your time and think before you act.

LEO
JULY 23-AUG 23
There are major changes taking place in your world. Disruption is inevitable but despair is always optional. Keep smiling.

VIRGO
AUG 24-SEPT 22
Others may pour cold water on your aims but only because they are jealous that you are so ambitious and fear that you will eclipse them.

LIBRA
SEPT 23-OCT 23
You need to be aware that not everyone has your interests at heart or wants to see you succeed.

SCORPIO
OCT 24-NOV 22
You want things done your way and if they are not done your way there will be trouble with a capital T.

SAGITTARIUS
NOV 23-DEC 21
You don't change often but when you do you go all the way and tomorrow's eclipse will inspire you to push the boundaries like never before.

CAPRICORN
DEC 22-JAN 20
The next two or three days promise to be extra special, so dream freely, plan extensively and act as if you cannot possibly fail — and you won't.

AQUARIUS
JAN 21-FEB 18
You need to reconcile the opposing forces in your life and bring them together into some sort of balance so you are not constantly being pulled away.

PISCES
FEB 19-MARCH 20
Something will happen today, tomorrow or over the weekend that has a profound effect on your beliefs and opinions.

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EMERGENCY – CHILDREN IN CRISIS

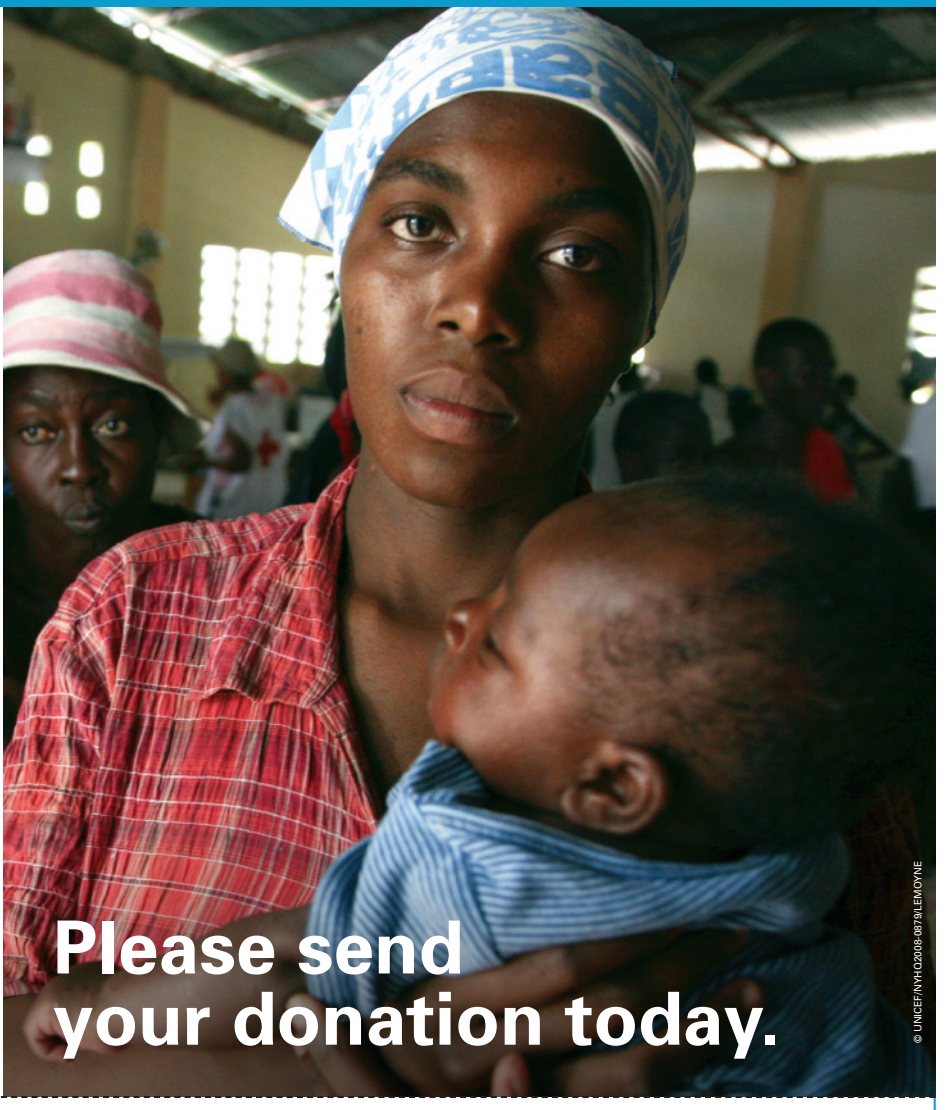
Earthquake leaves Haiti in ruins

The largest earthquake in the last 100 years hit Haiti this week. UNICEF field staff are on the ground and desperately need **the resources to help save the tens of thousands of children who are injured, thirsty, and separated from their families.**

UNICEF is deploying necessary supplies to Jacmel and Port-au-Prince as quickly as possible to assist with recovery efforts including clean water and sanitation, therapeutic foods, medical supplies and temporary shelter.

Your support is urgently needed to help with this emergency situation.

If we do not act now, thousands may be at risk of further suffering and disease.



I want to help the children who are at risk.

Here is my gift of: ☐ $50 ☐ $100 ☐ $200 ☐ $1000 or $ ☐

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